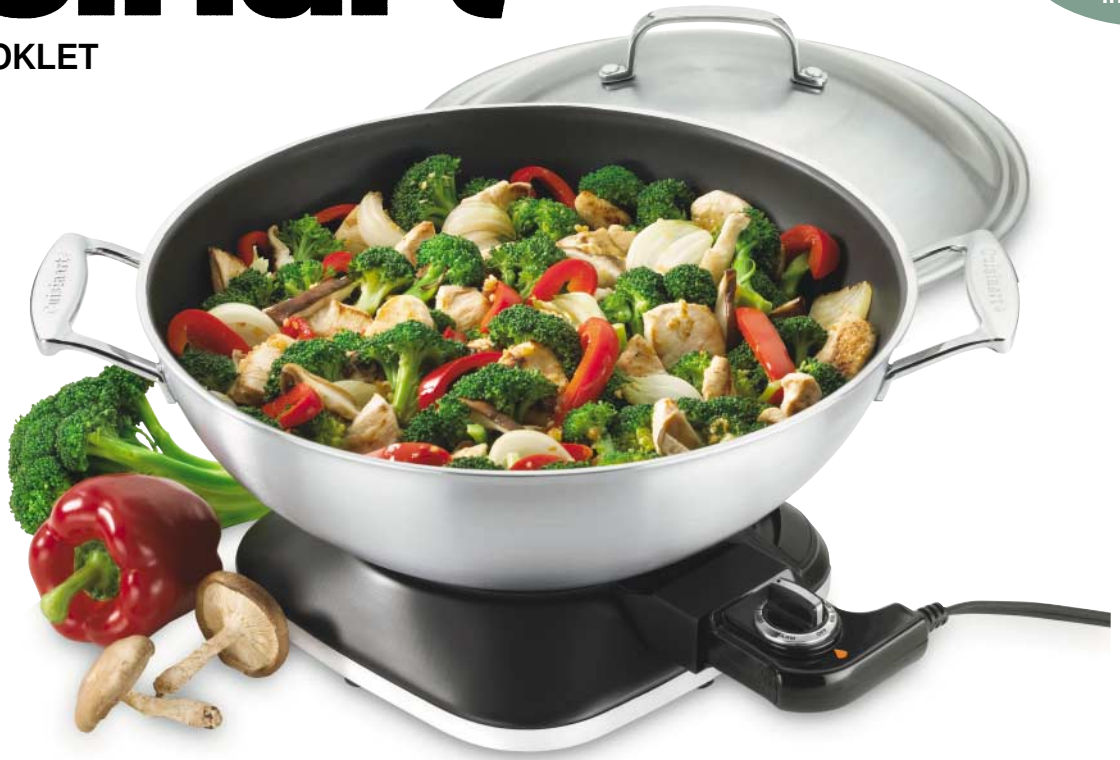
Cuisinart™

INSTRUCTION BOOKLET

Recipe Booklet Included



Cuisinart™ Electric Wok

WOK-703C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

U IB-5240-CAN

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles and knobs.
3. To protect against fire, electric shock, and injury to persons, DO NOT IMMERSE CORD OR PLUG in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest Cuisinart Authorized Service Facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may result in fire, electrical shock or injury to persons.
8. Do not use outdoors.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Unplug the unit when finished using.
12. Do not use appliance for other than intended use.
13. Extreme caution must be exercised when moving an appliance containing hot oil or other hot liquids.
14. To disconnect, turn control to OFF setting, then remove plug from wall outlet.
15. WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, ONLY AUTHORIZED PERSONNEL SHOULD DO REPAIRS.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where is can be pulled on by children or animals, or tripped over.

NOTICE:

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Contact a qualified electrician if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. Do not modify the plug in any way.

WARNING - Improper use of the grounding can result in risk of electric shock.

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INTRODUCTION

The Cuisinart™ Electric Wok is not just for stir-fry anymore! Put on the domed cover to simmer broth, steam dumplings or shrimp, or keep cooked foods moist and warm until ready to serve. Your 7.3-quart (6.9 L) wok is big enough to make one-pot meals for the family, and just the right size for entertaining. As you look through the recipes that follow, remember that the nonstick cooking surface gives you the option of cooking with only small amounts of oil. That means healthier choices, temperatures up to 450˚F (232°C), and dishwasher-safe cleanup. Get ready to enjoy years of deliciously good times, with Cuisinart.

PARTS AND FEATURES

A. **Lid** – Stainless steel domed lid with die-cast handle allows you to simmer, steam or keep cooked food warm.

B. **Tempura Rack** – Sits on the rim of the wok and keeps pan-fried foods warm.

C. **Steamer Rack** – Sits in bottom of wok and holds food over simmering or boiling water to steam.

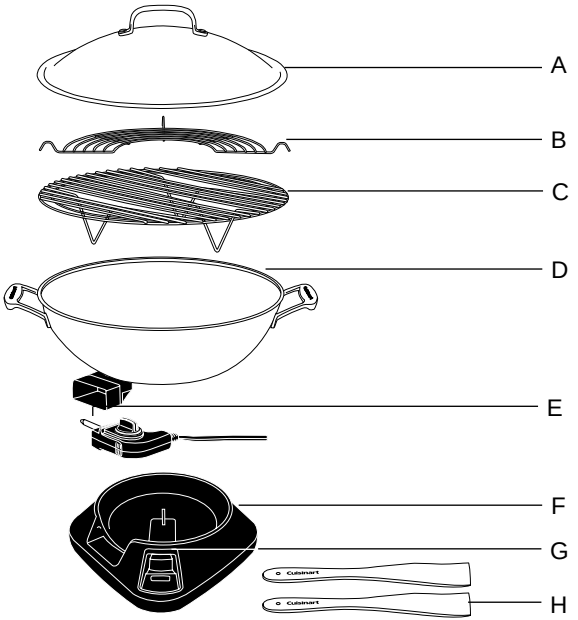
D. **Wok** – Large 7.3-quart (6.9 L), 14" (35 cm) diameter cooking vessel with non stick coating.

E. **Temperature Control Probe** - OFF, WARM, 200-450°F (93°C - 232°C) settings and indicator light. Plugs into base.

F. **Base** – Wok locks onto base while cooking and can be removed for cleaning.

G. **Wok Release Switch** – Releases wok from base when ready to clean.

H. **Spatulas** – Includes two wooden spatulas for cooking.



BEFORE THE FIRST USE

Remove all packaging materials and any promotional labels or stickers from your wok. Be sure you have all parts (listed above, **Parts and Features**) pertaining to your new appliance before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

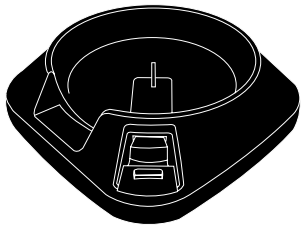
Before using your Cuisinart™ Electric Wok for the first time, remove any dust from shipping by wiping the base and temperature control probe with a damp cloth. Thoroughly clean the wok, lid, steamer rack, tempura rack and spatulas. The wok, lid, steamer rack and tempura rack can be submerged in water for cleaning or washed in the dishwasher. The wooden spatulas should be washed by hand.

Never submerge the base or temperature control probe in water. Do not place them in the dishwasher.

ASSEMBLY/DISASSEMBLY INSTRUCTIONS

1. Place base on a flat clean surface where you intend to cook. Locate the *wok release switch* on one corner of the base (Fig. A).

A.



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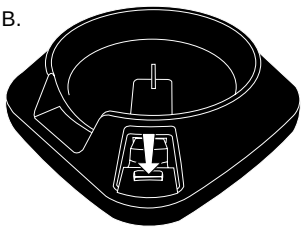
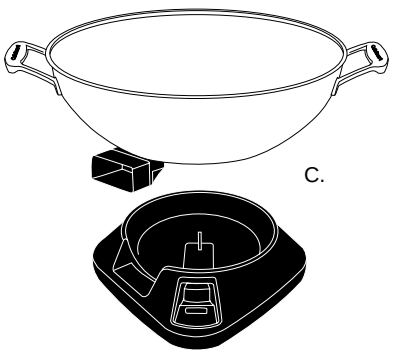


Place your index finger and middle finger inside the open channel and pull out the release bar (Fig. B).

The button in the centre of the bar will pop up. The *wok release switch* should be in the open position before placing the wok onto the base.

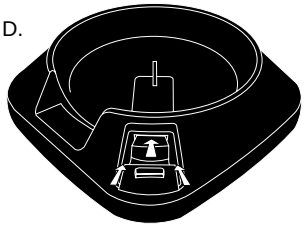
2. To secure the wok to the base, hold the wok directly over the base lining up the probe socket area with the appropriate cutout in the base (Fig. C). Place the wok onto the base.



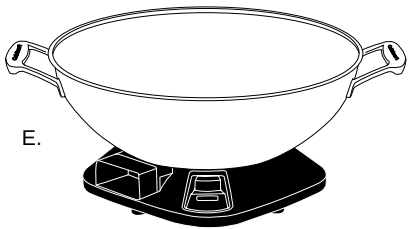
C.

Locate the *wok release switch* on the base. Push in the button on the release bar (Fig. D).

D.



The bar will slide back into its original position locking the wok to the base (Fig. E).



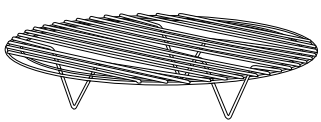
E.

To remove the wok from the base, make sure that the power cord has been unplugged from the wall outlet and the *temperature control probe* has been removed from the wok. Locate the *wok release switch* on the base. Place your index finger and middle finger inside the open channel and pull out the release bar. The button in the centre of the bar will pop up. Lift the wok up to remove.

3. Your wok includes a *steamer rack* and a *tempura rack* that can be used depending upon the types of foods you are preparing.

Steamer Rack

The *steamer rack* is used when preparing steamed dishes. If you intend to use the wok for steaming, the *steamer rack* should be placed on the bottom of the wok with the triangle-shaped feet facing down. The *steamer rack* will rest a couple of inches above the bottom surface of the wok.



Tempura Rack

The *tempura rack* can be used when preparing pan-fried dishes or to simply keep cooked foods warm but away from direct contact with the pan. Use the *tempura rack* to allow excess oil from pan-fried foods to drip back into the pan. The *tempura rack* rests on the rim of the wok.

4. Insert the *temperature control probe* into the socket on one side of the wok. To remove the *temperature control probe,* make sure it is in the OFF setting and the power cord has been removed from the wall outlet, then simply pull the probe out to remove.

5. Place the *cover* and *spatulas* near the wok if you intend to use them while cooking.
6. Plug the cord into a power outlet.

OPERATING INSTRUCTIONS

Once the wok is assembled properly you are ready to begin cooking.

1. Turn the temperature control knob from the OFF setting to the desired temperature setting by turning the knob.

   The temperature control is used to set and maintain the temperature of the wok. The temperature control knob has a WARM setting and 6 temperature settings that range from 200° to 450°F (95°C - 230°C).

   You may vary the setting of the control knob at any time during cooking, and may wish to do so depending on the types of foods you are cooking. The WARM setting allows you to keep cooked foods moist and warm until you are ready to eat.

   When the temperature control knob is turned from the OFF setting to the WARM setting or any other temperature setting, the red indicator light will be illuminated. When the wok reaches temperature the indicator light will turn off. This signals that the wok is ready for cooking. During operation, the red indicator light will continue to turn on and off as the thermostat regulates the temperature. This is normal.
2. For some recipes the wok will need to be covered to contain liquid, steam, heat or moisture. Place the cover on top of the wok as needed. When removing the cover from the wok be sure to use an oven mitt as the handle will become hot during cooking.
3. When finished cooking, turn the temperature control knob to the OFF setting. Unplug the wok from the wall outlet and pull the temperature control probe out of the base.

CAUTION: Do not touch wok with bare hands during cooking. Use oven mitts to handle the wok during and immediately after cooking. Once you have finished cooking allow the wok to completely cool down for at least 30 minutes before cleaning or disassembling the unit.

NOTE: The first time you use your wok it may have a slight odour and may smoke a bit. This is normal and common to appliances with a nonstick surface.

COOKING WITH YOUR WOK

The wok is one of the most efficient cooking tools for the kitchen. You can prepare a variety of foods in your wok when you use it to stir-fry, steam, simmer or braise. We have included a brief explanation of each of these cooking methods along with some tips and hints for using your wok.

Stir-Frying

Stir-frying is a cooking method that originated in China and calls for a variety of ingredients that are cooked over high heat. Woks are perfect for stir-fry cooking because they distribute heat evenly and get very hot. The depth and shape of a wok is conducive to preparing stir-fried meals, as it allows you to move the food quickly around the wok while minimizing spills.

Cuisinart has included two wooden spatulas with your wok that are excellent tools for stir-frying. The spatulas will help you to keep the food in motion over the heat. Remember that the wok is very hot and it is important to keep the food moving at all times to prevent scorching.

NOTE: Wooden utensils will not damage the nonstick surface of the wok.

Stir-frying is usually done in stages, as foods tend to have different cooking times. Cooked foods can be removed from the wok and returned at a later stage when sauces or spices are added to complete the dish.

The Cuisinart™ Electric Wok has been treated with a nonstick coating for easy food preparation and easy cleanup. The nonstick coating gives you the option of stir-frying with small amounts of oil for healthier cooking.

It is very important when stir-frying to have all of your ingredients prepped before starting to cook. Once you start, there is no time to stop and chop vegetables, slice meats, or measure and mix sauces, or search the cabinet for an herb or spice.

When you are ready to begin cooking, heat the wok to 375°F (190°C), or the temperature suggested in your recipe, for about one minute before adding oil. Add oil (peanut, canola or other vegetable oil) by drizzling it down the sides of the wok for more even distribution – and it will heat faster this way. To test the hotness of the oil, add a single piece of vegetable into the hot wok. If it sizzles, then you are ready to begin cooking.

Tips and Hints:

- For even cooking, cut all ingredients into a similar size, unless your recipe states otherwise. If you are not following a recipe, cut all your ingredients into bite-sized pieces.
- You may season the oil before adding other ingredients, by cooking a few pieces of garlic and/or fresh ginger for 20 to 30 seconds. Reduce the heat to keep the garlic or ginger from burning and remove the pieces of garlic/ginger after the oil has picked up their flavour before continuing with your recipe.
- If the recipe calls for meat and vegetables, the meat can be cooked first and removed before cooking the vegetables. Return it to the wok just before adding your sauce ingredients – this will keep the meat from over-cooking and help the meat and vegetables maintain their own individual flavours.
- Meats are most often stir-fried using high heat to seal in juices.
- Meats/seafood cook best in smaller amounts – you may stir-fry your meat/seafood in 1-cup (250 ml) batches so that it will sear and not steam.
- Remove stir-fried beef from the wok when it changes colour – since the pieces are small, it will be about 80% cooked.
- When stir-frying meats and seafood, wait a few seconds before moving and tossing them in the wok to give them a chance to brown. Alternatively, vegetables should be moved about immediately.
- Stir-fry times for vegetables will vary according to their density/hardness. The densest vegetables should be added first. Denser vegetables such as broccoli and carrots will require longer cooking times than leafy greens, bok choy or snow peas.
- Wash vegetables ahead of time and allow them to dry before stir-frying unless recipe indicates otherwise. Spinach may be an exception, as cooking with a bit of water helps it wilt.
- If vegetables seem a bit dry when stir-frying, add a few drops of liquid such as water or chicken or vegetable broth, but add it sparingly.
- When it is time to add the finishing sauce to your stir-fry, move the meats and vegetables up on the sides of the wok to form a “well” in the centre. Add the sauce to the centre of the wok and stir to thicken before combining with the cooked ingredients.
- Keep a variety of Asian condiments in your refrigerator or pantry. Some ingredients are used only in minimal amounts but are essential to the flavour of the recipe – store properly according to package instructions after opening. Some items to keep on hand include: black bean sauce, fermented/salted black beans, chili bean paste, chili oil, dried mushrooms, 5-spice powder, hoisin sauce, soy sauce, oyster sauce, rice wine or sherry, rice wine vinegar, nam pla (Thai fish sauce). These ingredients can be found in Asian grocery stores, and in many well-stocked grocery stores and “gourmet” food stores.

Steaming

Steaming food in your wok offers you a healthy method of food preparation. It is an optimal method of cooking to retain the flavour, shape, and texture of foods. Fewer vitamins and minerals are destroyed or leached away into the water as can happen when foods are boiled or poached. Steam food in your wok to cook a new dish or to reheat leftovers.

Cuisinart has included a steamer rack with your wok. The steamer rack should be placed inside the wok with the triangle-shaped feet facing down. The steamer rack is meant to hold your food over simmering or boiling water while the steam surrounds and cooks the food.

When steaming food such as unseasoned vegetables, they may be placed directly on the steaming rack. Other foods and preparations are more appropriately steamed when placed on a heatproof plate (glass, porcelain, or ceramic) that will fit on the steamer rack with at least 1-inch (2.5 cm) clearance around the circumference of the plate to allow steam to rise and circulate. The steamer rack can also be lined with parchment paper or large vegetable leaves such as lettuce, spinach or kale (find one that complements the foods you are steaming). Another option is a traditional bamboo steamer, which can be used directly in the wok without the steaming rack – always allow for the suggested clearance between water and the steamer rack or bottom of bamboo steamer.

To begin, place the steamer rack inside the wok. Add 6 cups (1.5 L) of water and turn the temperature control knob to 400°F (200°C) to bring the water to a boil. Once the water begins to boil, lower the temperature to 200°F (90°C) to simmer the water. The water is simmering when you see the bubbles just begin to break the surface of the water.

Place the food you intend to steam on the steamer rack, a heatproof plate or line the steamer rack with parchment or vegetable leaves. Arrange the foods as evenly spaced as possible in a single layer – avoid piling foods which will interfere with even steaming.

Place the cover on the wok to keep the steam from escaping while cooking.

Tips and Hints:

- The amount of liquid for steaming is important. Too little and it will boil away before steaming is finished, too much and the liquid may bubble up and actually boil the foods. Liquid should not be higher than 1 inch (2.5 cm) below the steaming rack.
- Remove lid as infrequently as possible during steaming. Each time the lid is removed, steam is lost and cooking time is lengthened.
- When removing the lid during steaming, always lift away from your body to prevent steam burns.
- Steaming times for vegetables will vary according to their density/ hardness. The densest vegetables should be added first. Denser vegetables such as broccoli and carrots will require longer cooking times than leafy greens, bok choy or snow peas.
- Foods to be steamed should be of a similar size for even steaming.
- The plate used for steaming may be lightly oiled or coated with cooking spray to prevent foods (particularly meat and seafood) from sticking.
- Foods can be seasoned before steaming. Sprinkle food with dried herbs or spices, or lay fresh herbs under, in or over the foods being steamed. The steaming liquid can also be infused with herbs or spices to add flavour.
- Steamed poultry, seafood and shellfish can be served alone or in salads or other dishes, such as casseroles, that require further cooking.
- If you wish to prevent condensation on steamed foods, cover them with foil or parchment before steaming.

Simmering/Poaching

Simmering is a slow, gentle way of cooking foods in liquid or stock. The liquid is brought to the boiling point, and then heat is reduced so that the liquid is just below the boiling point 203°–210°F (95°–99°C), when the bubbles just begin to break the surface of the water. Poaching foods enhances delicate flavours and allows flavours of the poaching liquid to be infused in the food.

When you are simmering, use enough liquid so that the foods you are cooking are totally immersed in the liquid. Simmering/Poaching times will depend on the particular food being cooked.

Tips and Hints:

- Meats and poultry are most often simmered in a stock. Fish and shellfish can be simmered in a court-bouillon (a broth made by cooking assorted vegetables and herbs in water for about 30 minutes, often flavoured with wine or lemon), fish stock or clam broth.
- Vegetables can be simmered or poached in desired stock or water. Add fresh or dried herbs to the liquid for added flavour.

- Fruits are often poached in a sugar syrup or wine. Spices such as cinnamon sticks, cloves, peppercorns or a vanilla bean can be added to the poaching liquid for flavour.

Braising

Braising is a cooking method whereby meats or vegetables are first browned in a small amount of fat and then slowly cooked with a small amount of liquid, covered, until tender. Braising is a way of tenderizing tough cuts of meat.

“Stir-braising” is the cooking stage that can follow stir-frying. Liquid is added to stir-fried ingredients. Then the food is gently simmered for a short period with frequent stirring.

“Red braising” or “red cooking” is a Chinese method of cooking that braises foods in a mixture of soy sauce, water and sugar with added flavours of cinnamon, ginger, garlic, spring onion and rice wine. The food will develop a deep reddish tinge.

After browning, add a flavourful liquid to just cover the foods to be braised, bring the liquid to a boil, then reduce the heat to simmer. Cooking times will depend on the foods being braised.

IMPORTANT GUIDELINES

- Do not use metal utensils and other sharp objects for cooking or to cut food inside of the wok. This will damage the nonstick coating. Use only wooden or heat-proof plastic utensils.
- Do not preheat wok longer than suggested time of 1 minute – heating the wok without food can cause damage to the nonstick surface.
- Add only enough oil to coat the bottom of the wok. Do not use large amounts of oil.
- Use pot holders to lift lid or wok. Handles will become hot.
- Do not remove wok from base during cooking.
- Never leave plastic utensils in contact with the hot wok.
- Never immerse the temperature probe in water or any other liquid.
- Temperature probe must always be in the “OFF” position before the unit is unplugged.
- Do not knock or drop the temperature probe, as this can damage the probe.

CLEANING AND CARE

CAUTION: BEFORE CLEANING APPLIANCE, MAKE SURE IT HAS COOLED DOWN COMPLETELY.

Once you have finished cooking, turn the temperature control knob to the OFF position. Unplug the wok from the wall outlet and pull the temperature control probe out of the base. Allow the wok to cool down completely, at least 30 minutes, before handling.

Before cleaning the wok, or washing it in the dishwasher, it must first be removed from the base. To remove the wok from the base, locate the *wok release switch* on the base. Place your index finger and middle finger inside the open channel and pull out the release bar. Lift the wok up off of the base for cleaning. (See **Operating Instructions** for drawing).

The wok, cover, steamer rack and tempura rack may be submerged in water or placed in the dishwasher for cleaning. The wooden spatulas should be washed by hand. The base and temperature control probe should be wiped down with a damp cloth to clean. **Never submerge the base or temperature control probe in water. Do not place them in the dishwasher.**

When cleaning the inside of the wok, do not use metal objects, scouring pads or other abrasive materials as they can damage the nonstick coating. Do not use abrasive materials to clean the outer housing and cover of the wok as they can scratch the stainless steel.

STORAGE

Always dry and assemble the wok before storing. See **Assembly & Disassembly Instructions.**

The temperature control probe, steamer rack, tempura rack and wooden spatulas can be stored inside the wok with the cover in place. Be careful not to knock or drop the control probe as this can cause damage.

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart™ Electric Wok that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchaser or owners.

We warrant that your Cuisinart™ Electric Wok will be free of defects in materials and workmanship under normal home use for 3 years from the date or original purchase.

We suggest you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart™ Electric Wok should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-472-7606 for additional information from our Customer Service Representatives or send the defective product to Customer Service at Cuisinart, Cuisinart Canada, 156 Parkshore Drive, Brampton Ont., L6T 5M1.

To facilitate the speed and accuracy of your return, please enclose $10.00 for shipping and handling of the product.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Please be sure to include your return address, daytime phone number, description of the product defect, product model # (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

Your Cuisinart™ Electric Wok has been manufactured to the strictest specifications and has been designed for use with the authorized accessories and replacement parts.

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart.

This warranty does not cover any damage caused by accident, misuse, shipment or other ordinary household use.

This warranty excludes all incidental or consequential damages.

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Recipe Booklet

Cuisinart™

THE CUISINART™ ELECTRIC WOK

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BRAISED GINGER AND BLACK BEAN SPARE RIBS

Serves 6 as a main dish, 8-12 as part of a shared meal

2 cups (500 ml) water
¼ cup (50 ml) dry sherry
¼ cup (50 ml) salted black beans (fermented black beans), coarsely chopped*
2 tablespoons (30 ml) chopped ginger
6 tablespoons (90 ml) brown sugar
4 tablespoons (60 ml) hoisin sauce
4 tablespoons (60 ml) oyster sauce
2 cloves garlic, minced
6 green onions, trimmed, minced [include about 1½ (4 cm) inches of the green]
3 pounds (1.5 kg) pork baby back ribs**
1 teaspoon (5 ml) kosher salt
1 teaspoon (5 ml) freshly ground black pepper
2 tablespoons (30 ml) vegetable oil

Place the water, sherry, chopped black beans, ginger, brown sugar, hoisin sauce, oyster sauce, garlic, and half the green onions in a 4-cup (1 L) liquid measure and stir to blend; reserve.

Place the ribs on a clean prep board, meat side down. You will see a membrane that resembles thin paper. Remove this membrane by placing the tip of a sharp knife under it to loosen, then lift and peel off in as large a sheet as possible. Cut off and discard visible fat. Cut into individual riblets. Season with kosher salt and pepper.

Place half the oil in the Cuisinart™ Electric Wok and heat to 375°F (190°C). When sizzling hot, swirl to coat the wok. Add the ribs, one third at a time and stir-fry until browned, about 3 to 4 minutes. Remove ribs and repeat until all ribs are browned, adding more oil as necessary.

Drain any residual oil from the wok. Stir the liquid mixture and add to the hot wok. Add the browned ribs and stir to coat. Reduce the heat to simmer, cover loosely and cook for 40 to 45 minutes. Remove the lid and simmer for 15 minutes, stirring occasionally. Transfer the ribs to a serving bowl. Degrease the sauce if necessary and pour over ribs. Garnish with remaining chopped green onions.

*Salted black beans can be found in Asian grocery stores or in the international food section of a well-stocked grocery store.

**If you purchase the spare ribs from a butcher or grocer with a full service meat department, ask the butcher if they can be cut crosswise into 2-inch (5 cm) lengths on the band saw. This is not necessary, but gives you a size rib more similar to dim sum.

Nutritional information per serving:
Calories 702 (61% from fat) • carb. 25g • pro. 41g • fat 47g • sat. fat 16g • chol. 156mg • sod. 2440mg • calc. 126mg • fiber 1g

RED COOKED CHICKEN

Makes 6 servings (2 pieces per person)

12 chicken thighs, skinless, bone-in
5 green onions, trimmed [include 2 inches (5 cm) of green]
1 cup (250 ml) water
⅓ cup (75 ml) soy sauce, low-sodium
¼ cup (50 ml) dry sherry
¼ cup (50 ml) brown sugar
½ tablespoon (7 ml) vegetable oil
8 slices ginger root, each about the size of a quarter
1 clove garlic, peeled, chopped
3 whole star anise (may substitute 1½ teaspoons (7 ml) crushed fennel seeds)
1 whole cinnamon stick
2 teaspoons (10 ml) cornstarch dissolved in 2 teaspoons (10 ml) water
1 teaspoon (10 ml) sesame oil

Wash and dry chicken thighs. Remove all visible fat with a sharp knife.

Slice three of the green onions into 1½-inch (4 cm) lengths. Chop the remaining two green onions. Combine the water, soy, sherry, and brown sugar.

Heat the vegetable oil in the Cuisinart™ Electric Wok set at 375°F (190°C). When oil is hot and simmering, add the ginger, garlic and sliced green onions. Stir-fry for 20 to 30 seconds. Add the liquid mixture, star anise and cinnamon stick; bring to a boil. Add chicken, stir to coat and return to a boil. Reduce the heat to 200°F (90°C) to simmer; cover loosely. Simmer for 35 to 40 minutes, turning chicken after about 20 minutes. Remove the chicken to a warm deep platter or shallow bowl. Cover loosely and keep warm.

Skim any fat from the sauce. Increase heat to 300°F (150°C) and cook sauce, uncovered, until reduced by half and syrupy, about 15 to 20 minutes. Lower the heat to 225°F (100°C). Stir the cornstarch mixture, then stir into sauce. Cook for 1 minute. Add sesame oil and stir. Return the chicken to the sauce and garnish with reserved chopped green onions.

Nutritional information per serving:
Calories 616 (65% from fat) • carb. 13g • pro. 39g • fat 44g • sat. fat 12g • chol. 184mg • sod. 1077mg • calc. 46mg • fiber 0g

GINGER BEEF WITH BROCCOLI

Makes 4 servings

Marinade:

¾ pound flank (375 g) steak, cut into 3-inch (7.5 cm) slices
1½ teaspoons (7 ml) dry sherry
1½ teaspoons (7 ml) soy sauce
1 teaspoon (5 ml) cornstarch

Sauce:

3 tablespoons (45 ml) chicken stock, nonfat, low-sodium
2 tablespoons (30 ml) dry sherry
2 tablespoons (30 ml) soy sauce
3 tablespoons (45 ml) minced ginger
½ teaspoon (2 ml) granulated sugar

8 ounces (250 g) broccoli, stems and florets
2 tablespoons (30 ml) vegetable oil, divided
¼ cup (50 ml) water
1 red bell pepper, cored, seeded and cut into ¼-inch (1 cm) slices
3 tablespoons (45 ml) green onions, cut in 1-inch (2.5 cm) pieces

1 teaspoon (5 ml) minced garlic

To marinate the beef, combine with sherry, soy, and cornstarch, and reserve. To prepare the sauce, combine stock, soy, sherry, ginger, and sugar in a small bowl and set aside.

Cut broccoli florets into 1½-inch (4 cm) pieces. With a vegetable peeler, remove tough outer layer from stems; cut diagonally into ½-inch (0.5 cm) pieces.

Heat Cuisinart™ Electric Wok to 300ºF (150°C), add ½ tablespoon (7 ml) oil and stir to coat. Add half of the meat, brown each side, 1 to 2 minutes. Remove from heat and reserve. Repeat with another ½ tablespoon (7 ml) oil and remaining beef.

Add ½ tablespoon (7 ml) oil, stir in the broccoli stems and florets. Pour in ¼ cup (50 ml) water, cover and steam until bright green, about 1 minute. Add red pepper, stir-fry for another minute. Push vegetables to and up the sides of the wok; add ½ tablespoon (7 ml) oil. Add green onions and garlic, cook until fragrant, about 15 to 30 seconds and stir into the other vegetables. Return meat to wok, stir, pour in sauce and cook until hot, about 1 minute.

Nutritional information per serving:
Calories 381 (52% from fat) • carb. 3g • pro. 35g • fat 22g • sat. fat 8g • chol. 81mg • sod. 742mg • calc. 50mg • fiber 3g

PORK AND SHIITAKE SHU MAI with Dipping Sauce

Makes about 30 dumplings

4 dried shiitake mushrooms
½ cup (125 ml) boiling water
½ pound (250 g) ground pork
1 tablespoon (15 ml) lite soy sauce
1 teaspoon (5 ml) dry sherry
1 teaspoon (5 ml) sesame oil
1 teaspoon (5 ml) minced garlic
1 teaspoon (5 ml) minced ginger
½ teaspoon (2 ml) granulated sugar
about 3 dozen wonton or gyoza (round if possible) wrappers (to allow for breakage)
cooking spray

Soak mushrooms in boiling water for 30 minutes, or until soft. Drain, squeeze dry, remove tough stems and chop fine. Combine with pork, soy, sherry, sesame oil, garlic, ginger, and sugar.

Carefully place 6 wrappers on a flat, dry work surface. Place a heaping teaspoon of filling in the centre of each wrapper. Using both hands, gather up the sides to form pleats, make a quarter turn and gently pinch up sides; the tops will be open and filling will show through. Pinch slightly in the middle to form a "waist," pressing down filling on the top; the excess dough will fall over like flaps. Tap the bottom so that the shu mai can stand up. Keep prepared dumplings covered with a slightly damp cloth.

To steam the shu mai, place the steamer rack in the Cuisinart™ Electric Wok, add 3 cups (750 ml) water to the wok and cover. Heat wok to 400ºF (200°C) and bring water to a boil. Cut three 12-inch (30 cm) round pieces of parchment paper and lightly coat with cooking spray. Place 1 parchment sheet on a plate and top with about 10 dumplings. Place plate on top of rack and immediately reduce heat to 250ºF (120°C). Steam for about 9 minutes or until pork is fully cooked.

Carefully lift plate from rack, remove dumplings, transfer to a serving plate and keep warm. Add water to wok if necessary. Repeat steaming process with remaining shu mai. Serve with dipping sauce (recipe follows).

Nutritional information per serving:
Calories 19 (59% from fat) • carb. 1g • pro. 1g • fat 1g • sat. fat 0g • chol. 5mg • sod. 26mg • calc. 2mg • fiber 0g

Dipping Sauce:

Makes about ⅔ cup (150 ml)

¼ cup (50 ml) thinly sliced green onion
1 tablespoon (15 ml) finely chopped fresh ginger
1 teaspoon (5 ml) minced garlic
1 teaspoon (5 ml) granulated sugar
¼ cup (50 ml) lite soy sauce
¼ cup (50 ml) dry sherry

1 teaspoon (5 ml) rice wine vinegar

1 teaspoon (5 ml) toasted sesame oil

Combine green onions, ginger, garlic, sugar, soy, sherry, vinegar and sesame oil. Serve in a small decorative bowl.

Nutritional information per serving:
Calories 5 (26% from fat) • carb. 0g • pro. 0g • fat 0g • sat. fat 0g • chol.0mg • sod. 82mg • calc. 1mg • fiber 0g

CELLOPHANE NOODLE SOUP WITH SHRIMP

Makes 4 servings

2 tablespoons (30 ml) vegetable oil
2 teaspoons (10 ml) finely minced garlic
1 teaspoon (10 ml) finely minced cilantro stems
8 ounces (250 g) minced or ground pork
5 cups (1.25 L) fat free, low-sodium chicken stock or broth
4 ounces (125 g) cellophane noodles
1 bunch green onions, trimmed, cut in 1-inch (2.5 cm) lengths (diagonal cuts)
½ cup (125 ml) finely chopped onion
1 tablespoon (15 ml) fish sauce (nam pla)
1 teaspoon (5 ml) kosher salt
¾ pound (375 g) shrimp, peeled and deveined
½ cup (125 ml) shredded snow peas
½ cup (125 ml) shredded carrots

Preheat the Cuisinart™ Electric Wok to 350°F (180°C). When hot, drizzle oil down the sides of the wok. Add the minced garlic and cilantro, stir-fry for 1 minute.

Add the minced pork, stir-fry for 3 minutes. Add the stock, and bring the liquid to a boil. Stir in the cellophane noodles, green onions, chopped onions, fish sauce and salt. Return the mixture to a boil (raise heat to 375°F (190°C) if necessary). Cook, boiling for 3 minutes. Reduce the heat to 225°F (100°C), add the shrimp and vegetables, and simmer for 2 minutes. Serve in warm bowls.

Nutritional information per serving:
Calories 382 (40% from fat) • carb. 22g • pro. 34g • fat 17g • sat. fat 4g • chol. 166mg • sod. 1213mg • calc. 87mg • fiber 2g

BABY BOK CHOY WITH MUSHROOMS

Makes 8 servings

½ ounce (14 g) dried oyster mushrooms
1 cup (250 ml) boiling water
2 tablespoons (30 ml) sherry
2 tablespoons (30 ml) soy sauce
1½ teaspoons (7 ml) cornstarch
2 tablespoons (30 ml) vegetable oil
4 ounces (125 g) cremini mushrooms, thinly sliced
1 tablespoon (15 ml) finely minced or grated fresh ginger root
3 cloves garlic, peeled and minced
2 pounds (2 kg) baby bok choy, rinsed and drained, halved lengthwise
¼ cup (50 ml) chopped red bell pepper
1 teaspoon (5 ml) Asian sesame oil

Place dried oyster mushrooms in a small bowl and cover with boiling water. Let stand until mushrooms are softened, 15 to 20 minutes. Squeeze mushrooms dry, reserving soaking liquid. Slice rehydrated oyster mushrooms. Place sherry, soy and ½ cup (125 ml) of the reserved oyster mushroom soaking liquid in a small bowl. Place 2 tablespoons (30 ml) reserved oyster mushroom soaking liquid in another small bowl and stir in cornstarch.

Heat vegetable oil in Cuisinart™ Electric Wok to 375°F (190°C). Add oyster and cremini mushrooms, ginger, and garlic and stir-fry for 30 seconds. Add baby bok choy, stir-fry for 2 minutes. Add sherry, soy and mushroom soaking liquid mixture. Reduce heat to 300°F (150°C), cover and cook for 4 minutes. Remove cover, add red bell pepper and stir. Push bok choy up on sides of wok. Stir cornstarch mixture and stir into simmering liquid in centre of wok; cook only until liquid thickens. Drizzle with sesame oil and serve.

Nutritional information per serving:
Calories 68 (51% from fat) • carb. 6g • pro. 3g • fat 4g • sat. fat 1g • chol. 0mg • sod. 238mg • calc. 123mg • fiber 2g

STIR-FRIED BROCCOLI AND RED PEPPERS

Makes 4 servings as a western-style vegetable

2 tablespoons (30 ml) soy sauce
2 tablespoons (30 ml) chicken stock, fat-free, low-sodium
1½ tablespoons (25 ml) dry sherry
½ teaspoon (2 ml) Asian sesame oil
12 ounces (375 g) broccoli, stems and florets
1 tablespoon (15 ml) vegetable oil, divided
3 cups (750 ml) sliced red bell pepper
¼ cup (50 ml) water
1 teaspoon (5 ml) minced garlic
½ cup (125 ml) sliced green onions, cut diagonally in 1-inch (2.5 cm) pieces

To make sauce, combine soy, stock, sherry and sesame oil in a small bowl; reserve.

Cut broccoli florets into 1½-inch (4 cm) pieces. With a vegetable peeler, remove tough outer layer from stems, cut diagonally into ½-inch (0.5 cm) pieces.

Heat the Cuisinart™ Electric Wok to 325ºF (160°C). When hot, drizzle ½ tablespoon (7 ml) vegetable oil around the sides of the wok. When oil is hot, add broccoli and red pepper, stir-fry 1 minute. Add ¼ cup (50 ml) water, cover and steam until almost done, about 3 to 4 minutes. Push vegetables up sides of wok, pour in remaining ½ tablespoon (7 ml) oil and add garlic and green onions. Cook 15 seconds – add reserved sauce and cook until just thickened. Stir vegetables back into sauce and serve hot.

Nutritional information per serving:
Calories 104 (43% from fat) • carb. 11g • pro. 4g • fat 6g • sat. fat 1g • chol. 0mg • sod. 368mg • calc. 60mg • fiber 4g

SHRIMP AND CHICKEN LO MEIN

Makes 6 servings

½ ounce (14 g) mixed dried mushrooms
1½ cups (375 ml) boiling water
½ pound (250 g) peeled, deveined shrimp (21-24 count)
½ pound (250 g) boneless, skinless chicken breast cut in 2 x ¼-inch slices across the grain
1 teaspoon (5 ml) cornstarch
½ teaspoon (2 ml) freshly ground white pepper
2 tablespoons (30 ml) oyster sauce
2 teaspoons (10 ml) sesame oil, divided
½ teaspoon (2 ml) kosher salt
½ teaspoon (2 ml) granulated sugar
2½ tablespoons (40 ml) soy sauce
8-9 ounces (250 g-280 g) Chinese lo mein noodles or fresh angel hair pasta
3 tablespoons (45 ml) vegetable or peanut oil, divided
1 can [8 ounce (250 g)] bamboo shoots, drained, cut in matchstick sized pieces
1 cup (250 ml) julienne (matchstick cut) carrots
1 cup (250 ml) shredded green cabbage
½ cup (125 ml) chicken stock, fat free, low-sodium
¼ cup (50 ml) reserved drained mushroom soaking liquid
½ cup (125 ml) thinly sliced green onions (about 6-7)
3 cups (750 ml) bean sprouts

Soak mushrooms in water for 30 minutes. Remove mushrooms from liquid, strain and reserve ¼ cup (50 ml) liquid. Slice mushrooms thinly, reserve.

Combine the shrimp and chicken with cornstarch, pepper, oyster sauce and 1 teaspoon (5 ml) sesame oil and reserve. Combine salt, sugar and soy sauce and set aside. Cook pasta according to package instructions al dente. Rinse with cold water, drain and reserve.

Preheat the Cuisinart™ Electric Wok to 350ºF (180°C). Drizzle 1 tablespoon (15 ml) of vegetable oil down the sides of the wok. In two batches, stir-fry shrimp

and chicken until shrimp are just curled and chicken is lightly browned and just cooked through. Remove and reserve. Add bamboo shoots, carrots, cabbage and reserved mushrooms to wok; stir-fry 2 to 3 minutes.

Add remaining 2 tablespoons (30 ml) oil to wok and stir in cooked pasta to coat; stir in the soy mixture. Add chicken broth and mushroom liquid, stir. Add green onions, bean sprouts and reserved shrimp and chicken. Cook for 1 to 2 minutes or until heated through. Drizzle with remaining sesame oil.

Nutritional information per serving:
Calories 411 (25% from fat) • carb. 48g • pro. 28g • fat 11g • sat. fat 3g • chol. 112mg • sod. 1330mg • calc. 93mg • fiber 10g

CHICKEN, BROCCOLI AND MUSHROOM STIR-FRY

Makes 4 servings

½ ounce (14 g) dried shiitake mushrooms
1 cup (250 ml) boiling water
3 tablespoons (45 ml) + 1 teaspoon (5 ml) lite soy sauce
2 tablespoons (30 ml) + 1 teaspoon (5 ml) rice wine or dry white vermouth
1 tablespoon (15 ml) + 1 teaspoon (5 ml) cornstarch
12 ounces (375 g) boneless, skinless chicken breast
1 tablespoon (15 ml) vegetable oil
2 cloves garlic, peeled and minced
1 tablespoon (15 ml) finely minced fresh ginger
2 cups (500 ml) broccoli florets
1 cup (250 ml) sliced mushrooms
1 red bell pepper, cut in lengthwise ¼-inch (0.5 cm) slices
1 small onion, peeled, sliced lengthwise
½ teaspoon (2 ml) sesame oil

Place dried shiitake mushrooms in a small bowl and cover with boiling water. Let stand until softened, about 20 to 30 minutes. Drain, reserving soaking liquid. Squeeze mushrooms dry, remove and discard tough stems; slice mushrooms and reserve. Strain soaking liquid through a coffee filter to remove grit. Combine ⅓ cup (75 ml) of the strained mushroom liquid (reserve remainder for another use) with 3 tablespoons (45 ml) soy sauce, 2 tablespoons (30 ml) wine, and 1 tablespoon (15 ml) cornstarch. Reserve.

Cut chicken in half lengthwise, then cut into ¼-inch (0.5 cm) slices. Combine chicken with remaining soy, wine and cornstarch. Stir to coat and let stand 10 to 15 minutes.

Preheat the Cuisinart™ Electric Wok to 350°F (180°C). Drizzle the oil down the sides of the wok. Add the garlic and ginger, stir fry 30 seconds. Increase heat to 375°F (190°C), add chicken and stir-fry until opaque, 2 to 3 minutes. Add broccoli, mushrooms, peppers, and onions. Stir-fry 1 minute. Place cover on wok, and allow mixture to steam for 1 minute, until vegetables are crisp-tender. Move mixture up on the sides of the wok. Reduce heat to 275°F (135°C). Stir reserved liquid mixture and cook until sauce thickens. Stir in the chicken and vegetables. Drizzle with sesame oil and serve with hot rice.

Nutritional information per serving:
Calories 185 (24% from fat) • carb. 14g • pro. 22g • fat 5g • sat. fat 1g • chol. 48mg • sod. 783mg • calc. 45mg • fiber 3g

THAI CHICKEN WITH BASIL

Makes 3 servings

Marinade:

1 pound (500 g) boneless, skinless chicken thighs, cut into ½-inch (1.25 cm) pieces
2 teaspoons (10 ml) cornstarch
1 teaspoon (5 ml) soy sauce
1 tablespoon (15 ml) dry white wine or sherry

Sauce:

2 teaspoons (10 ml) cornstarch
1 teaspoon (5 ml) sugar
2 tablespoons (30 ml) soy sauce
1 tablespoon (15 ml) water
2 teaspoons (10 ml) nam pla (Thai Fish Sauce)
1 teaspoon (5 ml) vinegar
3 tablespoons (45 ml) vegetable oil, divided

1 red pepper, cored, seeded, cut into ¼-inch (0.5 cm) slices
1 onion, peeled, quartered, cut in ¼-inch (0.5 cm) slices
1 jalapeño pepper, cored, seeded and minced
1 clove garlic, minced
½ cup (125 ml) basil, cut in thin ribbons
1 tablespoon (15 ml) chopped fresh mint

To marinate the chicken, combine with cornstarch, soy and white wine (sherry) and reserve. To prepare the sauce, combine cornstarch, sugar, soy, water, nam pla, and vinegar and set aside.

Heat a Cuisinart™ Electric Wok to 300ºF (150°C), add 1½ tablespoons (25 ml) oil; stir to coat. Add the chicken and stir-fry until lightly browned on all sides but not cooked through. Remove from heat and reserve.

Add 1 tablespoon (15 ml) oil, red pepper, and onion. Stir-fry for 2 minutes, or until vegetables are almost done. Push vegetables to the sides of the wok, leaving centre open. Add ½ tablespoon (7 ml) oil, jalapeño and garlic, stir until fragrant, 15 seconds, do not let burn. Stir to combine with all the vegetables. Reduce heat to 200ºF (95°C).

Add sauce ingredients and simmer 1 minute. Add chicken and stir gently until hot. Toss with ¾ of the basil leaves and all the mint. To serve, garnish with the remaining basil on top.

Nutritional information per serving:
Calories 537 (70% from fat) • carb. 12g • pro. 27g • fat 42g • sat. fat 12g • chol. 122mg • sod. 1133mg • calc. 47mg • fiber 2g

SWEET AND SOUR PORK

Makes 2 quarts (1.8 L)

Marinade:

1 pound (500 g) pork tenderloin, cut in 1-inch (2.5 cm) slices
2 tablespoons (30 ml) cornstarch
1½ tablespoons (25 ml) soy sauce
1½ tablespoons (25 ml) dry sherry
1 teaspoon (5 ml) sesame oil

Sauce:

¼ cup (50 ml) granulated sugar
6 tablespoons (90 ml) red wine vinegar
¼ cup (50 ml) tomato sauce
¼ cup (50 ml) fresh orange juice
zest of one orange

3 tablespoons (45 ml) vegetable oil, divided
2 cups (500 ml) thinly sliced red onion
1 red pepper, cored, seeded and cut in thin slices
1 green pepper, cored, seeded and cut in thin slices
½ cup (125 ml) sliced green onions, cut in ¼-inch (0.5 cm) pieces on the diagonal
1 tablespoon (15 ml) minced garlic
1 tablespoon (15 ml) minced ginger
2 cups (500 ml) canned or fresh pineapple, cut in 1-inch (2.5 cm) pieces

To marinate the pork, combine with cornstarch, soy sauce, sherry, and sesame oil and reserve. To prepare the sauce, combine sugar, vinegar, tomato sauce, orange zest and juice and set aside.

Heat a Cuisinart™ Electric Wok to 350ºF (180°C), add 1 tablespoon (15 ml) of oil and stir-fry half of the pork, remove from heat and reserve. Repeat with 1 tablespoon (15 ml) oil and the remaining pork. Reserve.

Heat ½ tablespoon (7 ml) of oil, add onions and stir fry for 1 to 2 minutes. Add peppers and cook another 2 to 3 minutes, push to sides of wok. Add ½ tablespoon oil (7 ml), green onion, garlic and ginger, and stir 15 to 30 seconds. Add sauce and stir until slightly thickened. Add pineapple and pork; stir until heated through, about 1 to 2 minutes. Serve over steamed rice.

Nutritional information per serving:
Calories 414 (33% from fat) • carb. 43g • pro. 27g • fat 16g • sat. fat 4g • chol. 74mg • sod. 544mg • calc. 65mg • fiber 4g

GINGER-MARINATED STEAMED SALMON

Makes 4 servings

1 tablespoon (15 ml) finely chopped chives
½ teaspoon (2 ml) granulated sugar
½ teaspoon (2 ml) kosher salt
¼ teaspoon (1 ml) freshly ground black pepper
3 tablespoons (45 ml) dry vermouth or apple juice
2 tablespoons (30 ml) soy sauce or tamari (low-sodium)
1 teaspoon (5 ml) toasted sesame oil

4 salmon steaks, each about 1 inch (2.5 cm) thick (or salmon fillets)
1½ inches (4 cm) fresh ginger, peeled, cut into matchsticks

Combine chives, sugar, salt, pepper, vermouth, soy and sesame oil in a flat bowl. Coat the salmon steaks well on both sides, top with the ginger matchsticks and marinate for 20 to 30 minutes.

Place the steaming rack on bottom of the Cuisinart™ Electric Wok. Add 4 cups (1 L) water to wok. Turn heat to high and bring water to a boil. Reduce heat to 225°F (100°C). Place salmon on a heatproof dinner plate, and place on the rack. Cover and steam for about 10 minutes.

Nutritional information per serving:
Calories 397 (29% from fat) • carb. 2g • pro. 64g • fat 12g • sat. fat 2g • chol. 165mg • sod. 895mg • calc. 46mg • fiber 0g

HOUSE FRIED RICE

Makes 8 cups (2 L)

½ ounce (14 g) dried shiitake mushrooms
1 cup (250 ml) boiling water
8 ounces (250 g) medium shrimp, peeled and deveined, cut in half lengthwise
6 ounces (170 g) boneless skinless chicken breast or thigh, thinly sliced
1 teaspoon (5 ml) cornstarch, divided
1 teaspoon (5 ml) dry sherry, divided
6 tablespoons (90 ml) soy sauce
1 tablespoon (15 ml) + 2 teaspoons (10 ml) sesame oil, divided
1 teaspoon (5 ml) granulated sugar
½ teaspoon (2 ml) kosher salt, divided
¼ teaspoon (1 ml) freshly ground black pepper
3 large eggs, beaten until smooth
3 tablespoons (45 ml) vegetable oil, divided
6 ounces (170 g) diced [½-inch (0.5 cm)] ham or Canadian bacon
½ cup (170 g) chopped green onions (include some of the flavourful green)
½ cup (170 g) snow peas, tips and tops removed
½ cup (170 g) green peas (may use frozen thawed)
5 cups (1.25 L) leftover cooked rice
1 cup (250 ml) mung bean sprouts, rinsed and drained

Place shiitake mushrooms in a small bowl and cover with boiling water. Let stand 20 to 30 minutes to soften. Drain and squeeze dry (save soaking liquid – strain through a coffee filter and reserve for another use). Remove and discard tough stems; slice mushrooms. Place shrimp in a small bowl with ½ teaspoon (2 ml) cornstarch and ½ teaspoon (2 ml) sherry; stir. Place chicken in a separate bowl with remaining cornstarch and sherry; stir. Combine the soy sauce, 1 tablespoon (15 ml) sesame oil, granulated sugar, ¼ teaspoon (1 ml) salt, and pepper; stir and reserve. Stir remaining salt into eggs.

Preheat Cuisinart™ Electric Wok to 375°F (190°C). When hot, drizzle 1 tablespoon (15 ml) oil down the sides of the wok. When oil is hot, add egg mixture and swirl it around, spreading it into a thin pancake/omelet. Turn when set and cook on other side. Remove, and roll. Slice into thin strips; reserve.

Drizzle remaining oil into hot wok. Add ham, green onions, mushrooms and stir-fry for 30 seconds. Add chicken and stir-fry until just opaque. Add shrimp and stir-fry until shrimp are curled and pink, and chicken is cooked through. Add snow peas, peas and reserved sauce. Break up lumps in the cooked rice. Add the rice and reserved egg strips to the wok. Stir-fry for 3 to 5 minutes, until rice is completely hot. Stir in bean sprouts and 2 teaspoons (10 ml) sesame oil. Mix well. Serve hot.

Nutritional information per serving:
Calories 343 (35% from fat) • carb. 34g • pro. 22g • fat 13g • sat. fat 3g • chol. 145mg • sod. 1297mg • calc. 55mg • fiber 3g

JADE AND IVORY PASTA

Makes 6 servings

- **1½ tablespoons (25 ml) cornstarch**
- **¼ teaspoon (1 ml) salt**
- **¼ teaspoon (1 ml) freshly ground pepper**
- **1 pound (500 g) boneless, skinless chicken breast, sliced in ⅛-inch slices**
- **½ cup (125 ml) sherry**
- **¼ cup (50 ml) soy**
- **¼ cup (50 ml) water**
- **¼ cup (50 ml) Asian sesame oil**
- **4 cups (1 L) broccoli florets**
- **4 slices ginger, each about the size of a quarter, cut into thin slivers**
- **2 garlic cloves, peeled and minced**
- **12 ounces (340 g) fettuccine, cooked al dente and drained**
- **3 tablespoons (45 ml) butter, cut in pieces**
- **½ cup (125 ml) grated Parmesan cheese, divided**
- **½ cup (125 ml) slivered almonds, lightly toasted**

Combine cornstarch, salt, and pepper. Remove visible fat from chicken, cut into ⅛-inch (0.5 cm) thick slices. Toss chicken in cornstarch mixture and let stand for 5 to 10 minutes. Combine sherry, soy sauce and water in a small bowl and set reserve.

Preheat Cuisinart™ Electric Wok to 350°F (180°C). When hot, drizzle sesame oil down the sides of the wok. Add chicken and stir-fry for 45 seconds. Add broccoli flowerets and stir to combine. Place lid on wok and steam for 1 minute. Remove lid, push chicken and broccoli up on the sides of the wok, leaving centre open. Add ginger and garlic and stir-fry for 30 seconds and then mix with chicken. Add sauce ingredients and simmer one minute. Add pasta, butter and half of the Parmesan cheese, and stir until pasta is completely heated. Garnish with remaining Parmesan and toasted almonds to serve.

Nutritional information per serving:
Calories 454 (48% from fat) • carb. 23g • pro. 33g • fat 24g • sat. fat 7g • chol. 99mg • sod. 653mg • calc. 168mg • fiber 3g

CHICKEN, SPINACH AND ROASTED PEPPER ROULADES

Makes 4 servings

- **4 chicken breasts, boneless and skinless, tenders removed – about 5 to 6 (150 g-175 g) ounces each**
- **1 teaspoon (5 ml) minced garlic**
- **1 teaspoon (5 ml) dried basil**
- **½ teaspoon (2 ml) kosher salt**
- **⅛ teaspoon (1 ml) freshly ground white pepper**
- **2 tablespoons (30 ml) dry white wine or vermouth**
- **1 tablespoon (15 ml) extra virgin olive oil**
- **24 large flat spinach leaves, washed, dried and drained**
- **4 roasted red pepper halves (may be from a jar), drained**
- **8 long, flexible chives, tied in pairs at the stem end using a square knot**

Place each chicken breast between 2 sheets of plastic wrap or foil. Pound each to an even thickness of ½-inch (1.25 cm) (a flat pounder will give best results).

Combine garlic, basil, salt, pepper, vermouth and olive oil in a shallow bowl. Dip one chicken breast in this mixture, shake off excess, and place on a clean work surface, skin side down. Lay 6 spinach leaves crosswise on breast starting about ½ inch (1.25 cm) from the bottom to about 1½ inches (1.25 cm) from the top. Roll up a red pepper half into a cylinder and place across the spinach leaves (crosswise on chicken). Starting from the narrow end, roll up chicken like a jelly roll, the spinach and red pepper will be rolled into the chicken. Tie a chive around the centre of each bundle, with the knot on the underside.

Place the steaming rack on bottom of the Cuisinart™ Electric Wok. Add 4 cups (1 L) water to the wok. Line steamer with parchment paper cut to fit. Arrange chicken on parchment, evenly spaced. Heat wok to 400°F (200°C), cover and

bring to a boil. Reduce heat to 225ºF (100°C). Cover and steam 17 to 19 minutes or until meat is cooked through and registers 170ºF (80°C) on an instant-read thermometer. Chicken may be served warm, or chilled. Slice to serve.

Nutritional information per serving:
Calories 181 (24% from fat) • carb. 2g • pro. 31g • fat 5g • sat. fat 1g • chol. 79mg • sod. 672mg • calc. 33mg • fiber 0g

GINGER DILL BOSTON SCROD

Makes 4 servings

- **1½ tablespoon (25 ml) minced fresh dill**
- **1 tablespoon (15 ml) minced fresh ginger**
- **½ teaspoon (2 ml) granulated sugar**
- **½ teaspoon (2 ml) kosher salt**
- **¼ teaspoon (1 ml) freshly ground white pepper**
- **zest of one lemon**
- **¼ cup (50 ml) dry vermouth**
- **½ tablespoon (7 ml) extra virgin olive oil**
- **1½ pounds (750 g) fresh Boston Scrod cut into 4 portions, 1-inch (2.5 cm) thick lemon slices and fresh dill springs**

Combine dill, ginger, sugar, salt, pepper, lemon zest, vermouth and olive oil in a flat plate. Coat fish and marinate for 20 minutes. Fold fish fillets so that they are an even thickness and place fish on a heatproof plate.

Add 4 cups (1 L) water to the Cuisinart™ Electric Wok. Place the steamer insert in the wok. Cover and turn to 400°F (200°C). When water is boiling, reduce heat to 225ºF (100°C). Place the plate on rack, cover and steam for 10 minutes. To serve, garnish with lemon slices and dill sprigs.

Nutritional information per serving:
Calories 167 (16% from fat) • carb. 1g • pro. 30g • fat 3g • sat. fat 0g • chol. 73mg • sod. 260mg • calc. 31mg • fiber 0g

SCALLOPS WITH FRESH CORN

Makes 2 servings

- **1½ teaspoons (7 ml) cornstarch**
- **1½ teaspoons (7 ml) dry white wine**
- **¼ teaspoon (1 ml) salt**
- **1 pound (500 g) sea scallops, tough side muscle removed**
- **½ cup (125 ml) chicken stock or clam juice**
- **2 tablespoons (30 ml) fresh lime juice**
- **2½ tablespoons (40 ml) olive oil, divided**
- **2 teaspoons (10 ml) minced garlic**
- **2 tablespoons (30 ml) minced shallots**
- **1 cup (250 ml) fresh raw corn (or frozen)**
- **¼ cup (50 ml) sliced sun-dried tomatoes**
- **3 green onions, thinly sliced (about ¼ cup)**
- **⅛ teaspoon (1 ml) hot red pepper flakes (optional)**
- **⅓ cup (75 ml) chopped fresh basil leaves**

Combine cornstarch, 1½ teaspoons (7 ml) wine and salt in a small bowl. Cut scallops in half horizontally. Add sliced scallops to cornstarch mixture and stir to coat evenly. Reserve while preparing the rest of the ingredients. Combine stock and fresh lime juice; reserve.

Preheat Cuisinart™ Electric Wok to 400°F (200°C). When hot, drizzle a tablespoon (15 ml) of oil down the sides of the wok. Stir-fry scallops in two batches [using 1 tablespoon (15 ml) oil each time], 2 to 3 minutes, or until slightly browned and almost cooked through. Remove and keep warm.

Drizzle ½ tablespoon (7 ml) of oil into the hot wok and cook garlic and shallots for 15 seconds (do not let burn), add corn, stirring for 1 minute. Add sun-dried tomatoes, green onions and red pepper flakes, if using, stir-fry 1 minute. Add broth mixture and cook 1 minute. Return scallops to wok and cook for 1 additional minute or until just heated through. Garnish with basil.

Scallops with fresh corn may be served over steamed rice, or cooked spinach fettuccine.

Nutritional information per serving:
Calories 527 (36% from fat) • carb. 41g • pro. 44g • fat 21g • sat. fat 3g • chol. 75mg • sod. 863mg • calc. 112mg • fiber 4g

OLD BAY® STEAMED SHRIMP DINNER FOR TWO

Makes 2 servings

8 ounces (250 g) red new potatoes, cut in 1-inch (2.5 cm) pieces
1 medium red onion, cut in quarters through the root end (leave root end intact)
2 teaspoons (10 ml) extra virgin olive oil, divided
5 teaspoons (25 ml) Old Bay® Seasoning, divided
2 bay leaves
2 ears fresh corn, husk and silk removed, cut in 2-inch (5 cm) pieces
1 pound (500 g) large shrimp, peeled and deveined, rinsed and patted dry

In a large bowl, combine the potatoes and onions with ½ teaspoon (2 ml) oil. Add 2 teaspoons (10 ml) of Old Bay® Seasoning and coat well. Arrange on a 9-inch (25 cm) glass pie plate. Tuck in bay leaves. In another bowl, combine corn with ½ teaspoon (2 ml) oil and season with 1 teaspoon (5 ml) Old Bay®. In a separate bowl, combine shrimp with 1 teaspoon (5 ml) oil and 2 teaspoons (10 ml) Old Bay®.

Insert the steaming rack in the Cuisinart™ Electric Wok. Add 4 cups (1 L) of water. Set wok temperature to 400°F (200°C) and bring to a boil. Reduce heat to 225°F (100°C) and place the pie plate on a rack. Cover and steam for 10 minutes, until the potatoes are nearly done and tender. Place corn pieces around the sides of the rack. Place the shrimp on top of the potatoes in a single layer. Cover and steam for about 5 minutes or until shrimp are bright pink. Serve hot.

Nutritional information per serving:
Calories 604 (18% from fat) • carb. 66g • pro. 56g • fat 12g • sat. fat 1g • chol. 345mg • sod. 4884mg • calc. 155mg • fiber 8g

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BEEF STROGANOFF

Makes 4 servings

1 pound (500 g) flank steak, cut into ⅛ x 3-inch (0.5 x 7.5 cm) pieces
2 tablespoons (30 ml) all-purpose flour
½ teaspoon (2 ml) kosher salt
¼ teaspoon (1 ml) freshly ground pepper
2 tablespoons (30 ml) vegetable oil, divided
12 ounces (375 g) white mushrooms, cut into ¼-inch (0.5 cm) pieces
¼ cup (50 ml) dry sherry
½ cup (125 ml) thinly sliced onion
¾ cup (175 ml) beef stock, nonfat, low-sodium
1 tablespoon (15 ml) tomato paste
3 tablespoons (45 ml) sour cream

Combine steak with flour, salt and pepper; discard any remaining flour.

Preheat Cuisinart™ Electric Wok to 350ºF (180°C), add ½ tablespoon (7 ml) oil and stir to coat. Cook half of the mushrooms until nicely browned, remove and reserve. Repeat with another ½ tablespoon oil (7 ml) and the remaining mushrooms.

Add ½ tablespoon (7 ml) oil and brown half the meat, about 2 minutes; remove and reserve. Repeat with another ½ tablespoon (7 ml) oil and remaining meat. Pour in the dry sherry and deglaze by stirring up all the brown bits, 30 seconds. Add the onion slices and cook until softened, about 2 minutes.

Return mushrooms to the wok, stir in the stock and tomato paste, cook, stirring until thickened slightly. Add meat and stir until just warmed through. Remove from heat and stir in sour cream.

Nutritional information per serving:
Calories 175 (56% from fat) • carb. 5g • pro. 13g • fat 11g • sat. fat 4g • chol. 32mg • sod. 201mg • calc. 16mg • fiber 1g

PAELLA

Makes 8 servings

1 teaspoon (5 ml) saffron threads
2 cups (500 ml) very hot chicken stock, low-sodium, fat free

- **3 tablespoons (45 ml) vegetable oil, divided**
- **8 ounces (250 g) chicken boneless, skinless thighs, cut in 3 x ¼-inch (7.5 cm x 0.6 cm) pieces**
- **4 ounces (125 g) chicken chorizo, cut in ⅛-inch (0.3 cm) slices**
- **1 green pepper, cored, seeded and cut in ½-inch (1.25 cm) slices**
- **1 cup (250 ml) chopped onion**
- **1 tablespoon (15 ml) finely chopped garlic**
- **2¼ cups (550 ml) long grain white rice**
- **2 cups (500 ml) clam juice**
- **1 cup (250 ml) water**
- **½ cup (125 ml) dry white wine**
- **¼ teaspoon (1 ml) kosher salt**
- **⅛ teaspoon (0.5 ml) freshly ground pepper**
- **8 ounces (250 g) large shrimp, peeled and deveined**
- **8 ounces (250 g) bay scallops**
- **16 mussels, rinsed and debearded**
- **1 cup (250 ml) halved cherry tomatoes**
- **½ cup (125 ml) peas thawed (if frozen)**
- **2-3 tablespoons (30-45 ml) chopped parsley or cilantro**

Crumble saffron threads and stir into hot chicken stock, reserve.

Heat the Cuisinart™ Electric Wok to 325°F (160°C). Add 1 tablespoon (15 ml) oil and stir to coat. Stir-fry chicken 1½ minutes or until lightly browned, but not cooked all the way through. Remove and reserve. Add the chorizo and cook 2 to 3 minutes, add to reserved chicken. Wad up several pieces of paper towels, and with a pair of kitchen tongs, wipe the surface of the wok to remove any remaining oil.

Add 2 tablespoons (30 ml) vegetable oil, cook the green pepper and onion for 2 minutes, add garlic and stir 15 seconds. Add rice, and stir 1 minute. Pour in chicken stock, clam juice, water, wine, add salt and pepper. Bring to a boil, reduce heat to 200°F (90°C), cover and cook for 10 minutes, adjusting the temperature to keep mixture at a steady simmer.

Stir in shrimp, scallops, mussels, tomatoes, peas, the reserved chicken and chorizo. Cover and cook until shrimp is pink and mussels open, about 8 to 10 minutes. Garnish with chopped parsley or cilantro.

Nutritional information per serving:
Calories 400 (17% from fat) • carb. 50g • pro. 29g • fat 7g • sat. fat 2g • chol. 76mg • sod. 822mg • calc. 86mg • fiber 2g

FAJITA STIR-FRY

Makes 6 servings

- **1 pound (500 g) flank steak, cut in 3 x 1 x ½-inch (7.5 x 2.5 x 1.25 cm) slices**
- **5 tablespoons (75 ml) beef stock, nonfat, low-sodium, divided**
- **1 tablespoon (15 ml) fresh lime juice**
- **1 tablespoon (15 ml) soy sauce**
- **1½ teaspoons (7 ml) cornstarch**
- **1 tablespoon (15 ml) vegetable oil**
- **2 red and/or green bell peppers, cored, seeded and cut in ¼ -inch (0.5 cm) slices**
- **6 ounces (175 g) onion, cut in ¼-inch (0.5 cm) half moons**
- **1 tablespoon (15 ml) minced jalapeño pepper**
- **1 tablespoon (15 ml) minced garlic**
- **1½ teaspoons (7 ml) chili powder**
- **1 teaspoon (5 ml) ground cumin**
- **1 teaspoon (5 ml) ground coriander**
- **½ teaspoon (2 ml) kosher salt**
- **¼ teaspoon (1 ml) freshly ground pepper**
- **1 tablespoon (15 ml) chopped fresh cilantro**

Combine flank steak with lime juice, soy sauce, 1 tablespoon (15 ml) stock, and cornstarch; reserve.

Heat a Cuisinart™ Electric Wok to 300ºF (150°C), add ½ tablespoon (7 ml) vegetable oil and stir to coat. Drain any excess liquid from meat, add half of the beef and cook until nicely browned, 3 to 4 minutes, remove and reserve. Repeat with ½ tablespoon (7 ml) oil and remaining beef.

Reduce heat to 250ºF (120°C), add ½ tablespoon (7 ml) oil, add bell peppers and onion, cook about 3 minutes, add jalapeño and garlic, stir 30 seconds.

Return meat and juices to the wok, season with chili powder, cumin, coriander, salt and ground pepper. Add remaining 4 tablespoons (¼ cup) of beef stock and stir until hot. Garnish with chopped cilantro. Serve on a hot tortilla with salsa, shredded cheese, shredded lettuce and sour cream.

Nutritional information per serving:
Calories 253 (45% from fat) • carb. 10g • pro. 24g • fat 13g • sat. fat 5g • chol. 59mg • sod. 574mg • calc. 43mg • fiber 2g

TURKEY WITH SPINACH PASTA

Makes 4 servings

Marinade:

1 pound (500 g) turkey breast, cut into ½ x 3-inch (1.25 x 8 cm) slices
1 tablespoon (15 ml) cornstarch, divided
¼ teaspoon (1 ml) freshly ground black pepper, divided
1½ tablespoons (7 ml) dry white wine

Sauce:

½ cup (125 ml) chicken stock, nonfat, low-sodium
¼ cup (50 ml) dry white wine
1 tablespoon (15 ml) cornstarch

8-9 ounces (250 g-280 g) fresh spinach pasta
1½ tablespoons (25 ml) vegetable oil, divided
2 tablespoons (30 ml) sliced green onions, cut in ¼-inch (0.5 cm) pieces
2 teaspoons (10 ml) minced garlic
1 cup (250 ml) julienne or shredded carrots
9 ounces (280 g) baby spinach, washed and shaken dry (do not dry thoroughly)
½ teaspoon (2 ml) kosher salt
zest of 1 lemon

To marinate turkey, combine with cornstarch, pepper and 1½ tablespoons (25 ml) white wine and reserve. To prepare sauce, combine chicken stock, wine, and cornstarch and set aside.

Cook pasta al dente according to package instructions; do not overcook. Rinse with cold water and drain. Reserve.

Preheat Cuisinart™ Electric Wok to 325ºF (160°C), add ½ tablespoon (7 ml) oil and stir to coat. Stir-fry half of the turkey until nicely browned on all sides, but not cooked through, about 1½ minutes. Remove from heat and reserve. Repeat with ½ tablespoon (7 ml) oil and the remaining turkey.

Reduce heat to 200ºF (90°C), add ½ tablespoon (7 ml) oil, green onions and garlic. Cook, stirring 15 to 30 seconds, until fragrant; add carrots and stir. Add the spinach and stir to combine. Cook 1 minute until wilted, season with salt. Pour in sauce mixture and cook until slightly thickened 1 to 2 minutes. Stir in turkey and then the pasta, tossing to combine well and heat through. Sprinkle with lemon peel before serving.

Nutritional information per serving:
Calories 453 (30% from fat) • carb. 42g • pro. 34g • fat 15g • sat. fat 4g • chol. 115mg • sod. 375mg • calc. 120mg • fiber 4g

STIR-FRIED SPINACH

Makes 2 servings

10 ounces (285 g) fresh spinach
1 tablespoon (15 ml) vegetable oil
3 garlic cloves, peeled, crushed, but left whole
½ teaspoon (2 ml) kosher salt
¼ teaspoon (1 ml) freshly ground pepper

Remove tough stems from spinach leaves. Wash 2 or 3 times in fresh water to remove all sand and grit. Drain, but allow some water droplets to remain on spinach leaves.

Preheat Cuisinart™ Electric Wok to 325ºF (160°C); drizzle oil down sides of wok, stir to coat. Add garlic; stir-fry until light brown, 30 to 40 seconds, do not let burn. Add spinach and stir-fry until completely wilted. Season with salt and pepper.

Nutritional information per serving:
Calories 66 (60%) • carb. 4g • pro. 3g • fat 5g • sat. fat 1g • chol.0mg • sod. 298mg • calc. 93mg • fiber 3g

SPICY VEGETABLE WRAPS

Makes 4 wraps [2 cups (500 ml) filling]

2 medium cucumbers, peeled, seeded and shredded
1½ teaspoons (7 ml) kosher salt, divided
½ cup (125 ml) drained plain fat free yogurt*
½ cup (125 ml) fresh mint leaves, finely chopped
¼ teaspoon (1 ml) freshly ground black pepper, divided
2 teaspoons (10 ml) vegetable oil
1¼ cups (300 ml) thinly sliced red onion (about 1 medium)
1 cup (250 ml) thinly sliced red pepper (about 1 large)
1 cup (250 ml) thinly sliced yellow bell pepper (about 1 large)
½ cup (125 ml) shredded carrots
1 tablespoon (15 ml) minced jalapeño pepper (or to taste)
4 9 or 10-inch (22-25 cm) flour tortillas

Place shredded cucumber in a colander and toss with 1 teaspoon (5 ml) salt; let drain for 20 minutes. Rinse, squeeze out excess moisture and pat dry. Place in a small bowl, add yogurt, mint and ⅛ teaspoon (0.5 ml) freshly ground pepper. May be prepared ahead of time – refrigerate if not using immediately.

Preheat the Cuisinart™ Electric Wok to 325ºF (160°C). When hot drizzle 2 teaspoons (10 ml) oil down the sides of the wok, and allow to reach the bottom. Stir-fry onion for 1-½ minutes, add the red and yellow peppers; stir for another 3 to 3½ minutes or until peppers have wilted. Add carrots, jalapeño, remaining ½ teaspoon (2 ml) salt and ⅛ teaspoon (0.5 ml) pepper, stir. Add 2 tablespoons (30 ml) water, stir-fry for another minute or so, until carrots are crisp and tender. Remove from heat.

To serve, place ¼ of the vegetable mixture horizontally across the centre of each tortilla, leaving a 2-inch (5 cm) border on the side closest to you. Top with 1 tablespoon (15 ml) of the yogurt sauce. Fold the 2-inch (5 cm) border up and over the vegetable mixture, then fold in the sides and roll up to complete the wrap. Cut the wraps in half, diagonally and serve with more sauce on the side.

*To drain yogurt to thicken it, place ¾ cup (175 ml) plain fat free yogurt in a yogurt strainer or a strainer lined with a coffee filter. Place over a bowl and allow the whey to drain from the yogurt for 1 hour or longer. The resulting yogurt will be thickened and more suitable for a dressing or spread. Discard the whey.

Nutritional information per serving:
Calories 256 (9% from fat) • carb. 48g • pro. 11g • fat 3g • sat. fat 0g • chol.1mg • sod. 612mg • calc.197mg • fiber 5g

SWISS CHARD AND SUN-DRIED TOMATO STIR-FRY

Makes 2-3 servings

1 pound (500 g) red or green Swiss chard, washed and dried
1 tablespoon (15 ml) vegetable oil, divided
3 garlic cloves, peeled and sliced very thin
3 green onions, thinly sliced
½ cup (125 ml) sun-dried tomatoes, not packed in oil, slivered
½ teaspoon (2 ml) kosher salt
2 tablespoons (30 ml) water
¼ teaspoon (1 ml) freshly ground black pepper

Separate the chard stems from the leaves, remove and discard the bottom inch of the stems, cut the stems into ½-inch (1.25 cm) pieces. Cut the leaves into 1-inch (2.5 cm) ribbons.

Preheat the Cuisinart™ Electric Wok to 325ºF (160°C), add ½ tablespoon (7 ml) oil and stir to coat. Add the garlic slices, stir until light brown, do not burn, remove from heat and drain on paper towels. Add remaining ½ tablespoon (7 ml) oil and the chard stems; stir fry for 1½ minutes, add chard leaves, green onions, tomatoes, salt and pepper and 2 tablespoons (30 ml) water; stir and cover wok. Reduce heat to 200ºF (90°C) and steam for 5 minutes. Garnish with browned garlic chips on top.

Nutritional information per serving:
Calories 101 (39% from fat) • carb. 13g • pro. 4g • fat 5g • sat. fat 1g • chol. 0mg • sod. 684mg • calc. 104mg • fiber 5g

CHERRY TOMATOES WITH FRESH BASIL

Makes 4 servings

1 tablespoon (15 ml) olive oil
3 garlic cloves, peeled, crushed, but left whole
4 cups (1 L) red and/or yellow cherry tomatoes
1 teaspoon (5 ml) kosher salt
¼ teaspoon (1 ml) freshly ground black pepper
¼ cup (50 ml) fresh basil, finely sliced

Preheat the Cuisinart™ Electric Wok to 350°F (180°C). Drizzle 1 tablespoon (15 ml) of oil down the sides of the wok. When hot, add garlic and tomatoes. Stir-fry until tomatoes are heated through and the skins begin to pucker. To serve, remove garlic, season with salt and pepper and toss with the basil.

Nutritional information per serving:
Calories 57 (32% from fat) • carb. 9g • pro. 2g • fat 2g • sat. fat 0g • chol. 0mg • sod. 350mg • calc. 18mg • fiber 2g

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